

105SC SENTINEL



Etta (4) enjoys the New Forest in her new all-terrain buggy bought with the help of an £800 donation from the Ringwood and Fordingbridge Lions Club.



**Jersey LIONS Muddy FUN RUN
raises £11,000 - See page 10**

Also in this edition:

- ♦ a Duck race that turned tail... page 7
- ♦ A Beerfest that drank itself dry...page 8
- ♦ Alex, the Abingdon Lion, gets nicked ... page 10



The International Association of Lions Clubs

District 105SC

District Governor 2024 - 2025 ♦ Lion Sandra Manktelow

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"Serving with Respect and Compassion"

OCTOBER 2024 EDITION

The DG's Leader...

"Make your mark, serving with respect and compassion."



Dear Lions Family

Another month has passed, and it is beginning to feel autumnal! As usual I have been out and about across our District. Club visits to Swindon Lions, Highworth & District Lions and Wareham Lions – three very different Clubs but all with the aim of serving their communities.

This year Clive and I managed to make it to the GMS Charter Anniversary (had to cancel last year's due to having an eye operation). It was a fun evening, and I even got to milk a cow!

I have been active with my own Club – raising money for our charity fund and getting back to my roots by going into a local primary school to support them with ROAR as well as raising money for Lions/Brain Tumour Research Appeal by running a tombola stall.

As Lions we must remember that there is life outside of Lions and so I have made sure that I had some 'me' time – a visit to Avebury where I was able to catch up with a friend who is emigrating to New Zealand and a visit to Monkey World where I was able to stop and marvel at the animals' antics. I also managed to get to some chanting practices. However, sad to say I didn't manage to fit in many walks this month!

Autumn Forum is happening on Sunday 27 October, and it would be great to see Lions from all walks of life there. This is a chance for us to share knowledge and ideas and make new friends as together we can do so much. There is so much good practice in our District and so many good ideas – Clubs may be small or large but what is overarching is that we are all members of the same incredible organisation and are there to support each other.

Second Saturday Swap is happening on Saturday 12 October – come along and share what service your Club has been involved with.

Words of wisdom:



Be the reason someone smiles today.

Wishing you all an optimistic October. Have fun and smile!

Lion Sandra

District Governor 2024-25



Matters of moment

DG's Month October

- 2 October: Supporting ROAR at a local school
- 4 - 6 October: Oslo - Nurturing a Culture of Growth
- 7 October: Petersfield Lions Club meeting
- 9 October: Supporting ROAR at a local school
- 9 October: Abingdon Lions Official Visit
- 10 October: Trowbridge Lions Official Visit
- 12 October: Second Saturday Swap via Zoom
- 12 October: Melksham Lions 50th Charter Anniversary
- 13 October: Cabinet at The Stones, Salisbury
- 16 October: Supporting ROAR at a local school
- 17 October: Petersfield Lions Social Quiz
- 18 October: Eastleigh Lions 60th Charter Anniversary
- 19 & 20 October: Council of Governors
- 24 October: Newbury Lions Official Visit
- 25 October: Petersfield Lions Fashion Show
- 27 October: Autumn Forum Knowledge Exchange
- 30 October: DG Get-together via Zoom



GETTING THE WORD OUT - 3

I was asked recently how any organisation measures the effect of its marketing and PR with any accuracy.

It's a good question and one which has no easy answer. Lever Brothers founder, the late Lord Leverhulme, once claimed that he was well aware that half of the money his organisation spent on marketing was wasted but he didn't know which half.

Now if that great lord of commerce doesn't know that answer, who are we to suggest that we might. We'll see.

I was addressing a group of disabled visitors to Jersey recently and was telling them that the hotel they were staying at had been funded, since the mid-1960s, largely by the Lions Club of Jersey. At the look of mystification adopted by some of my audience, I asked them if they were aware (they mostly came from the Midlands and north of England) of Lions Clubs where they came from. They all were (something of a relief!) but when probed as to what the Lions they were aware of did draw answers as diverse as "aren't they like Rotary Club" to "isn't it a lot of men growling like kings of the jungle?" Evidently the Lions Clubs in their areas have a low profile whereas Rotary doesn't. I explained briefly what Lions Clubs do and several vowed that when they got home they would seek out their local Clubs and get to know them.

I had hoped that since my audience was made up entirely of people with disabilities and their carers, their local Lions Clubs might have been seeking them out. Nevertheless I was pleased with that result, albeit it was the customer seeking the salesman rather than the other way round. More about how we find out how true Lord Leverhulme's comment is for us, next time.

Lion Peter Tall MJF MCIM MCIPR

The bigger picture



Lions Clubs International
FOUNDATION



Melvin Jones Fellowship

The award is made by a Club to an individual who has gone that extra mile in their service to Lions Clubs International. It is the highest award a Club can bestow and is named in honour of our Founder. The recipient does not necessarily have to be a Lion. It can be someone who has supported Lions activities, a Club, or contributed outstanding service to their community.

When a Club donates to the Foundation, all the money goes to where it is supposed to, but a bit like a store loyalty scheme, a Club earns 'credits', measured in US dollars and is referred to as status of instalments. Each award costs \$1,000.

It is always advisable to check with me to see if your Club has enough 'credits' for an

award application.

Clubs can make the application themselves on the the form on the Lions International web-site or via the connection on the new Portal. However, I suggest that I am sent a copy since I can complete the application on behalf of the Club.

If anyone has any questions regarding MJF or the Foundation, then please do get in touch.

If your Club is hoping to give a MJF award, then please apply in plenty of time.

A new Lions year also means new International President LCIF supporter pins, and also Club patches.

Please continue to support our Foundation.

Lion Ann Huntley MJF

District 105SC LCIF Coordinator
lcif@lions105sc.org.uk

From the LCIF Chairman, Lion Dr Patti Hill

Dear Lions and Leos,



Whenever and wherever there is a need in our communities, Lions and Leos are among the first to respond. Lions Clubs International Foundation (LCIF) grant funding empowers us to implement projects that enhance our service and expand our reach. I am proud to report that during the August 2024 Board of Trustees Meeting, 84 grants were approved, totalling US\$10.7 million.

Thank you to everyone who continues to support LCIF through your donations and by sharing stories of our collective impact. This month's LCIF newsletter highlights some of the service made possible through your generosity.

Yours in Service,

Lion Dr Patti Hill

Chairman, Lions Clubs International Foundation

More Matters of Moment

Welcome New Lions

A warm welcome to four new members to Lions International and best wishes to them for a long and happy time as a Lion.

GILLINGHAM, MERE & SHAFTSBURY -
Lion Malcolm Duncan

GUERNSEY - Lion Charlotte
Horsepool

WIMBORNE & FERNDOWN - Lion
Stephen Lock

WINDSOR - Lion Ram Chaitanya

DG *Lion Sandra*

**If you are still having
problems accessing the
Lions Portal, please
contact MDHQ on 0121
441 4544 who will be
happy to help.**

**Make Your Mark
with International
President
Lion Fabricio
Oliveira**



Dear Lions

Our service is extraordinary, so let's promote it with extraordinary marketing. Every Lion is a Club promoter, so you should proudly share with others the life-changing service you and your Club are doing.

There are many great resources on the Lions website to help you tailor social media, encourage the press and market your service projects in your community.

Let's all make a commitment to grow our great association through encouraging others to join our service by sharing impactful photos, videos and stories and wearing Lions-branded gear whenever and wherever you serve.

At your service

Lion Fabricio Oliveira

Lions International President 2024/2025

PASSED TO HIGHER SERVICE

With sadness the Farnborough and Aldershot Lions Club reports the passing to higher service of Lion PEN WILSON, the Trowbridge Lions Club reports the passing to higher service of Past-President Lion GRAEME DUNN and the Westbury Lions Club, with great sadness, reports the passing to higher service of Lion PETER BAKER.

The 105SC Sentinel sends sincere condolences to the Lions' families, friends and fellow Lions.

“The older I get, the more clearly I remember things that never happened.” - Mark Twain



Lions in the British Isles are working in partnership with Brain Tumour Research to raise £1 million to help fund game-changing research and raise awareness of the impact of brain tumours.

Brain tumours kill more children and adults under the age of 40 than any other cancer, yet just one per cent of the national spend on cancer research has been allocated to this devastating disease since records began in 2002.

Brain Tumour Research is the only national charity in the UK dedicated to raising funds for continuous and sustainable scientific research into brain tumours. How can your Club help us reach the £1m target?

Make a donation via the District Treasurer to the Brain Tumour Research. 42 Clubs in our District have donated £48,722.30 over the last five years. Organise a specific event to raise funds and awareness of Brain Tumour Research.

If you are still looking for Christmas cards, I have cards available!

Lion Tim Hanton

Please e-mail me on tim.hanton@lions105sc.org.uk.

Brave bears for brave children



Charlie McGurk, Clinical Operations Manager of South Central Ambulance Service accepts a box of 'brave bears' from Lion Chris Shehan, vice-president, Ringwood and Fordingbridge Lions Club. This initiative stemmed from the publication in the *Sentinel* of the Guernsey Lions Club's creation of their bear for distribution to their own ambulance service.

The bears, individually wrapped, have been ordered and funded by the Lions and will be distributed to ambulances as a gift to young children needing a little extra comfort and support while being transported to hospital.

Membership Development Opportunities

There is an exciting new opportunity to build a District-wide team of members who perhaps have not previously thought of taking on an area of responsibility beyond their own Club, but who would like to consider a first step to leadership responsibility.

We are looking to create a new team in District 105SC to explore all aspects of forming new Clubs in areas not currently served by a Lions Club or to look at the feasibility of creating a new Club in an area adjacent to where a previous Club had closed.

Opportunities

- ♦ For team members to gain personal development, leadership skills and experience
- ♦ For District 105SC to benefit from increased membership and a team of potential new leaders.

Everyone's a winner!

If you are interested in receiving more information, please ask

Lion Linda Picton

Global Leadership 105SC - 01252 684261/07711013066 - linda.picton@lions105sc.org.uk

“Chance is a word void of sense; nothing can exist without a cause.” - Voltaire



DATES FOR YOUR DIARY

1 October
**Breast Cancer
Awareness Month**
10 October
**World Mental
Health Day
& World Sight Day**
24 October
**United Nations
Day**
29 October
World Stroke Day
5 November
**World Tsunami
Awareness Day**
10 November
**Remembrance
Sunday**
14 November
**World Diabetes
Day**
20 November
**International
Children's Day**
25 November
**International Day
for the Elimination
of Violence against
Women**



All the ducks in a row – or almost!

Having thought that the weather gods were being kind with warm and dry conditions for the running of the Eastleigh and Swanwick Lions 35th Annual Duck Race, there was an unexpected sting in the ducks' tail! With all going smoothly 2,500 ducks approached the last bend and hit a strong headwind. So they all turned back!

For what may well have been a first in 35 years, not a single duck managed to cross the finishing line!

A rapid change of plan and those ducks that were deemed to have gone the furthest before turning tail provided a list of winners.

Nevertheless hundreds of spectators lining the riverside had an enjoyable day and most importantly of all the two Lions Clubs raised a substantial amount of money for good causes.

The Abingdon Lions Meet Elvis!



Abingdon Lions enjoyed an afternoon in the company of “The King of Rock ‘n’ Roll.” The Lions were entertained with many of Elvis’s best known hits mixed with the odd joke. Even PDG Lion Brian joined in clapping (but not in time with everyone else!).

“A lawyer is a person who writes a 10,000 word document and calls it a brief.” - Franz Kafka

DEMENTIA NEWS

It was great news that the MHRA approved Lecanemab for some people with early stage Alzheimer's. However, NICE disappointingly did not approve its use by the NHS.

The Alzheimer's Society is calling on Government and health systems across the UK to prioritise dementia by improving early diagnosis.

There are FREE publications and factsheets to download and/or order:

www.alzheimers.org.uk/get-support/publications-factsheets The Alzheimer's Society website is a good source of information for everyone.

Dementia UK is the specialist dementia nursing charity whose Admiral Nurses provide **free, life-changing support and advice** to anyone affected by dementia. Remember, we are here to support you so do reach out to us.

Now on to the report for our District's fundraising for Dementia and a round-up from some of our Clubs:
Yateley & District Lions Club - I am currently Club secretary and we are saving up our Tail Twister fines to be donated at the end of the year. Some of our Lions, Ursula, Karen, Ian and others, regularly volunteer at the Daisy Chain Café, Yateley, a friendly place for people with dementia or memory loss and their partners/carers with an array of activities and entertainment throughout the year. Our Club is funding a day out for all of them and the volunteers in October (jointly with Neighbourcare) to Milestones Museum in Basingstoke.

Hart Lions Club held a Posh Tea Fundraiser and donated £1,390 to Dementia UK. This was an outstanding result – well done, Hart!

Newport Lions Club made contact with their local Dementia Ward asking staff what they needed, and provided funds so they could put together activity buckets for their patients. Just recently the Club purchased cushions for an outside space where patients can sit with staff or families. So far, £300 has been donated. Maybe this is something other Clubs could try? Well done, Newport, on this excellent idea!

A reminder to all Clubs: DG Sandra has reminded Clubs to share anything they are doing with regards to dementia with me. If this can include totals of amounts raised for Dementia UK too, I am collating this information to provide an end of year figure.

“While no one can change the outcome of dementia or Alzheimer's, with the right support you can change the journey.” - Tara Reed

Lion Denise Deacon

District 105SC Dementia Officer

Fleef's Beerfest goes down a treat!

“What a day!” said Fleet Lions Beerfest chairman Lion Mark Cooper. Nearly 800 punters came to the Beerfest at the Harlington in Fleet town centre on Saturday 3 August. And it was easy to check the numbers using Lion Tom Sayers' online TicketBytes system.

The Lions offered more than 40 real ales and ciders and they were drunk dry of those and the four craft ales. The gin bar by Fleet Ginfest (local Scouts) was great as were the burgers and hog roast and fresh pizzas from Arnorfield Hogroast. The Farriers band went down a storm at lunchtime as did Kindred Spirit in the evening.

Two local companies were the main sponsors of the event as well as many others sponsoring a barrel for £100 or giving prizes for the raffle.

Fleet Lions raised around £9,000 for their prostate screening programme and other worthwhile local causes. Hampshire and Rescue helped out behind the bar and the Lions sent them home with a cheque for £500.

The Lions had lots of help running the event from many local friends and family who also had a great time and were fed and watered (beered) too. Looking forward to 2 August 2025!



“Money can’t buy you happiness, but it does bring you a more pleasant form of misery.” - Spike Milligan



With 11 pictures and clues posted around Petersfield's Heath Pond, children up to seven years and those from eight to 11 years were given question papers and had to find the Lion Hunt's answers. Once completed they collected a voucher for a free 99 ice cream from The Plump Duck and their papers went into a draw for a large Cuddly Lion. This was the first time the Petersfield Lions had held an event like this and were delighted with the result with the children loving finding the clues and their parents loving that the hunt made the children walk all the way around the pond without complaint!

The Petersfield Lions would like to thank Ian Baker of The Plump Duck for his very generous support of the event and all those who helped make the event such a success.

Pictured above are (l to r) Petersfield Club president Lion Mary Putnam, Ian Baker, Frankie the draw winner with his prize Lion presented by Lions Jackie and Dave Read.

SECOND SATURDAY SWAP

Your opportunity to exchange knowledge and ideas with fellow Lions.

To ask questions and gain up to date information from District Governor Team and District Officers

Topics will be decided by you.

What is important to you?

Please speak with your Zone Chairman

DIARY DATES

12 October

9 November

14 December

**09:30 – 10:30 via Zoom
(link will follow)**

Lion Linda Picton

Global Leadership Team Chairman
linda.picton@lionsdistrict105sc.org.uk



BASINGSTOKE'S PRE-LOVED BOOK SALE

The sale took place on Saturday 21 September. Lugging more than 500 paperbacks and copious 'coffee table' books on everything from art to zoology and all in between is somewhat testing! Lennie was no help at all in the carrying stakes but BRILLIANT as always in the entertainment field, garnering almost half in his bucket of what was taken in book sales.

“The trouble with the rat race is that even if you win, you’re still a rat.” – Lily Tomlin

Meon Valley News

THE FUN NEVER STOPPED THIS SUMMER!

Carnivals and fetes provided great entertainment for all the family. Droxford Country Fair, Bishops Waltham Family Fun Day, Colden Common Fete, Swanmore Fete, Knowle Village Picnic in the Park, were just a few of the events the Meon Valley Lions' BBQ and Games turned up to this summer. They helped provide a great day out while raising essential funds for those who need our help. It was so lovely to see so many people out enjoying themselves.



In particular the Swanmore Fete, where the Meon Valley Lions organise the whole show, was such a fantastic day, despite the downfall. From the dog show, to racing pigs, traditional fairground attractions, more than 40 stall holders, story-telling for the little ones, music all day, beer tent and of course the BBQ - what a day. And massive thanks to the many helpers, without whom the show could not take place.



“You’re nicked!”

Alex, iconic member of the Abingdon Lions Club was up to much mischief at the recent Abingdon Air Show, impersonating a police officer and trying to fly a helicopter.

Despite poor weather, a great day was had by all with face painting, stone painting and a “Win a toy lion” competition.

It Was Very, Very Muddy FUN!

The Fourth Annual Lions Club of Jersey Muddy Fun Run, held in good weather conditions on Saturday 21 September, proved to be the most successful mud-filled event so far. No fewer than 678 participants of all ages between seven and 70 years tackled the three kilometre muddy course (one participant actually went round twice) and between them they raised circa £11,000 for the Jersey Lions Club charities.





Sentinel's eye on...

The Events Calendar

Club events for the next three months and updated month by month are listed here

Club Events: October, November and December 2024

- ♦ **ALTON** - Second Saturday of the month, **Lions Craft Markets**
- ♦ **BASINGSTOKE** - Tuesday 1 October, **Older People's Awareness Day**; Friday 4 October, **Swimming Gala**; Monday 5 October, **Spectacle Collection**; Thursday 10 October, **World Sight Day**; Sunday 13 October, **Spectacle collection**; Saturday 6 November, **Inter-Lions Fun Event**; Thursday 12 and Saturday 14 December, **Morrisons Tin Shakes**
- ♦ **DEVIZES** - Tuesday 29 October, **Bingo**; Saturday 2 November, **Arts Coaching Day**; Tuesday 26 November, **Bingo**; Saturday 7 December, **Santa's Float Tour**; Tuesday 17 December, **Bingo**; Saturday 21 December, **Santa's Float Tour**
- ♦ **JERSEY** - Saturday 23 November, **61st Charter Anniversary**
- ♦ **NEW MILTON** - Saturday 2 November, **Lions Christmas Market**; Saturday 23 November, **Lions Christmas Festival and Parade**
- ♦ **POOLE** - Friday 1 November, **Charity Quiz Night**
- ♦ **ROMSEY & WATERSIDE** - Saturday 12 October, **Bookstall in Romsey Market**; Tuesday 29 October, **Fashion Show in Crosfield Hall**; Saturday 9 November, **Bookstall in Romsey Market**; Sunday 10 November, **Wreath Laying, Memorial Park, Romsey**; Friday and Saturday 22 and 23 November, **Street Collections, Romsey Town Centre**
- ♦ **WESTBURY** - Sunday 6 October, **Annual 10k Run**; Friday 25 October, **Westbury Lions Race Night**
- ♦ **WOKINGHAM** - Friday 4 October, **Woky Comedy Night**; Saturday 12 October, **Camp Mohawk Enchanted Forest Ball**; Sunday 13 October, **Autumn Wokingham Walk**; Saturday 4 November, **Fireworks**; Friday 15 November, **Woky Comedy Night**; Sunday 24 November, **Wokingham Winter Carnival**
- ♦ **WOODLEY and EARLEY** - Saturday 19 October, **Charter Anniversary Dinner/Dance at Sonning Golf Club**
- ♦ **YATELEY and DISTRICT** - Every Friday, **Community Bingo** (except Bank Holidays); Saturday 2 November, **Yateley Firework Fiesta**; Saturday 30 November, **Yateley Christmas Market**

WESTBURY LIONS CLUB
10K RUN

ALL PROCEEDS
TO LOCAL CHARITIES

**WHITE HORSE
COUNTRY PARK
WESTBURY, BA13 4LX**

**SUNDAY
6th OCTOBER
RACE START 10AM**

MORE INFO + REGISTRATION @
westburylions10k.org

**LIONS
INTERNATIONAL**

Peace poster reminder!

This is a reminder that the Peace Poster kits are now no longer for sale.

The Peace Poster entries MUST be with me by Friday 15 November 2024, in order to keep to the dates that are on the website. Please be aware that there is a maximum and minimum size for the posters, please check the sizes - minimum is 13" X 20", 20 inches, maximum is 20" X 24".

Lion Frances Bond

Peace Poster/Essay Advisor



OLD MONARCH

The Editor has the last word...

Once again we are in the 'season of mists and mellow fruitfulness' and the nights are drawing in. My local supermarket has already started allocating its shelves to Christmas items and the first entries on the monthly diary featuring Lions 'festive floats' are making their mark.

As many will be aware, my own Club does not do a Santa float - we leave that to Round Table with whom we join forces plus the the two local Rotary Clubs and the Soroptimists to support an Island-wide Christmas Appeal. Each year one of the service Clubs chairs the organising committee and we all work together very well.

As ever this edition illustrates just how creative Lions Clubs are when it comes to raising funds for the benefit of their communities. From muddy fun runs to bunny races to beer fests, Lions can always be relied upon to put the fun into fundraising.

Lion Peter Tabb



**Lions
tail...**



Please send all articles and pictures for publication in the

DISTRICT 105SC SENTINEL

to the Editor, Lion Peter Tabb MJF, email : news@lions105sc.org.uk

ideally at least a week before the end of the month